

Wednesday, August 5, 2015  
 7:30am - 3:30pm  
 Win-River Resort & Casino



Discover Health  
**REDDING RANCHERIA**



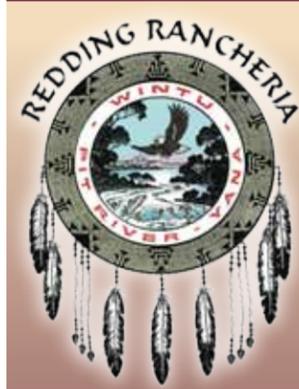
Sponsored by



# Ki-Het-Ti-Na-Tay Sounds in the wind

APRIL 2015

## Redding Rancheria Earth Day 2015



Redding  
 Rancheria  
 News  
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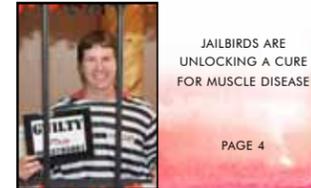


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 Redding, CA  
 Permit #7



Redding Rancheria  
 Employee of the  
 Month

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JAILBIRDS ARE  
 UNLOCKING A CURE  
 FOR MUSCLE DISEASE

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REDDING  
 RANCHERIA HAWAII  
 DAY & WIN-FIT

PAGE 6 & 7



REDDING RANCHERIA  
 TRIBAL HEALTH CENTER  
 EMPLOYEE  
 APPRECIATION DAY

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The 2015 Redding Rancheria Earth Day was a success! This year the event was held in front of the Win-River Resort and Casino where we had 81 vendors in attendance and over 700 people walked through that day. Vendors from RCAC, Holiday Quality Foods, Coleman fish hatchery, City of Redding, and various native jewelry booths were there. Our very own Pow Wow committee raised over \$500 dollars in Indian taco sells as well!

**Darrah Hart**  
 EPA Manager  
 Redding Rancheria

*Help others Empower for solutions Serve with a smile Treat with respect Understand diversity Meet customer needs*

# Stillwater Pow Wow Sponsorship

This year's Pow Wow will be held on  
**Friday-Sunday, October 2nd-4th, 2015**  
 at the Shasta District Fairgrounds in Anderson, CA.

The Stillwater Pow Wow is a great opportunity to learn and experience first-hand the culture of the Native American people. Join us as we provide a healthy, cultural atmosphere to all families free from alcohol, drugs and smoking.

The Pow Wow committee is seeking donations for this event. Donation levels are listed to the right.



## At the Shasta District Fairgrounds

Donations in any amount are welcome. Your donation to the Redding Rancheria will be used for this important cultural event that is open to the public. Your donation is tax deductible.

### Media Sponsorship - \$2,500

Half page ad in program  
 Logo on T-shirt and Website  
 Name mention on radio ads  
 Name announcement at event  
 FREE booth space (informational/promotional)  
 20 event tickets  
 Table to Honor Elders Event (October 1st 10 Tickets)  
 Banner displayed at event

### Golden Eagle - \$1,000

Sponsorship of event choice- Grand Entry/Arena  
 Logo on Event T-Shirt  
 1/4 page ad in program  
 Name announcements at event  
 Logo on event website  
 Free booth space (informational/promotional)  
 10 event tickets  
 Banner displayed at event

### Silver Fox - \$500

Sponsorship of dance category (Pow Wow's choice)  
 Name on Event T-Shirt  
 5 event tickets  
 Name announcements at event  
 Name mention on event website  
 Banner displayed at event

### Salmon - \$250

Name on Event T-Shirt  
 Name mention on event website  
 Name mention on event banner  
 2 event tickets

FOR MORE INFORMATION, PLEASE CONTACT MARIA OROZCO AT 530.242.4516 OR MARIA.OROZCO@WIN-RIVER.COM

Donation Level: \_\_\_\_\_ Please Complete and Return:

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Please make checks payable to the Redding Rancheria and return to address listed below.  
 2000 Redding Rancheria Rd. Redding, CA. 96001  
 ATTN: Maria Orozco



3/27 Melanie Benner  
 4/1 Tyler Hayward  
 4/1 Warren Sorahan Jr.  
 4/1 Ivan Fischbach  
 4/2 Cody Murphy  
 4/2 Malia Hayward  
 4/2 April Rymel  
 4/6 Sara Hayward  
 4/8 Devin Baker  
 4/10 Emmitt Taxara  
 4/10 Orval Webb

4/11 Talen Maynard  
 4/14 Trevallion Potter  
 4/16 Antony Thetford Jr.  
 4/19/ William Bailey  
 4/19 Virgil Baker Jr.  
 4/20/ Brian McCain  
 4/22 Anthony Schumacher  
 4/23 Shaelyn Pizano  
 4/23 Jeremiah Wilkes  
 4/23 Lenny Hart  
 4/23 Scott Hayward

4/24 Logan Brantley  
 4/24 Izabella Hayward  
 4/25 Taylor Hayward  
 4/26 Olivia Pizano  
 4/26 Hailee Rehnblom  
 4/26 Jason Wilkes  
 4/27 Gary Hayward Jr.  
 4/27 Ricky Pimentel Jr.  
 4/28 Chelsea Hayward  
 4/29 James Benner  
 4/29 Steven Hayward Sr.  
 4/29 Brianne Schlapia

## Redding Rancheria Tribal Health Center

Dr. Melissa Petersen, a native of Long Island, New York, had an early interest in dentistry and began working as a dental assistant when she was sixteen years old. She continued her ambition to be a dentist, completing her undergraduate degree in Biology at Stony Brook University and soon after was accepted to Stony Brook School of Dental Medicine. While in dental school, she was appointed to several prestigious positions and awards including advanced training in prosthodontics. She was also president of the dental outreach program, co-founder and officer of the honor code committee and sat on the deans outcomes of assessment committee.

After obtaining her D.D.S., Dr. Petersen was accepted into a one year General Practice Residency program at Stony Brook Hospital. There she focused on advanced prosthodontics, emergency hospital dentistry and treating a variety of patients including children, phobic and geriatric. Dr. Petersen moved to Redding in July of 2008 and began treating patients in private practice.

Quality care while remaining sensitive to patients fears and concerns is a high priority for Dr. Petersen. She is committed to improving functional dental health as well as beauty to her patient's smiles.

Dr. Petersen has a long history with the native American culture. As a young girl she routinely attended her local tribes pow-wow for the Shinnecock tribe. In addition, she spent several weeks during dental school volunteering at the IHS in Pine Ridge South Dakota.



Dr. Petersen is married to Dan Petersen, a local Redding Oral Surgeon. They have 3 children; Alani (7), Max (6) and Eli (3). Dr. Petersen enjoys tennis, hiking, reading and spending time with her family.

**Todd T. Gandy DDS**  
 Dental Director  
 Redding Rancheria Tribal Health Center

# Redding Rancheria Tribal Health Center

We celebrated a mile stone in Health Center history. Our team set and met high productivity and customer satisfaction goals for the health center overall. As a small token of our appreciation for all the hard work and dedication of the health center team we provided a luncheon as well as Dutch Bros Van on site for Free drinks.

*Glen Hayward RN, BSN MS-DM  
Executive Director  
Redding Rancheria Tribal Health Center*



# Employee Of The Month March 2015

Marissa Phelan, ECE Teacher Assistant



The following are the reasons Marissa received this award:

- She is always ready to pitch in where ever needed with extra projects, covering for sick co-workers and helping without being asked.
- She goes above and beyond to ensure the children have a smooth day at Head Start.
- She also supports her co-workers by being the first to come in early or stay late if a co-worker is absent. She works hard as a teacher assistant to make sure the classroom is "fully loaded" each day with new art activities, interest centers and bulletin boards that feature the children's art-work.
- She is a terrific and valued member of our staff and program!

*Congratulations Marissa Phelan!*

# Employee Of The Month April 2015

Tracie Lent, Tribal Receptionist



The following are the reasons Tracie received this award:

- She always greets everyone with a smile and great attitude.
- She's always willing to help.
- She has been filling in for other departments

*Congratulations Tracie Lent!*

# Senior Nutrition

On April 28th The Senior Nutrition Program held a volunteer appreciation day for all of their amazing volunteers throughout the year. Everyone enjoyed a Hawaiian inspired lunch with traditional Hawaii foods and traditional NANI WALE NĀ KŪPUNA group. Thank you to all of our amazing seniors and volunteers!



Christine Daniel  
Sr. Nutrition

# Jailbirds are unlocking a cure for muscle disease

On April 16th Don Benner was “locked up”.

While jailbirds are only “locked up” for one hour, the loss of mobility that occurs when muscles stop working — and the limitations on freedom and independence that can cause — are for life.

This is how it works:

When business and community leaders participate as a jailbird in a Lock-Up for the Muscular Dystrophy Association event, critical funds are raised to fight muscle diseases – unlocking hope for a world free of muscle disease.

1. Business and community leaders agree to be “put behind bars for good”
2. They invite their vendors, co-workers, family and friends to make donations toward their “bail”
3. When they make their bail, they’ll be “released from jail.”



For more information please see visit:  
[http://www2.mda.org/site/PageServer?pagename=LU\\_Landing](http://www2.mda.org/site/PageServer?pagename=LU_Landing)

# 2015 Events and Patient Education Days



- |                       |  |
|-----------------------|--|
| <b>June 6-8</b>       | <b>Relay for Life, Cancer Awareness</b>      |
| June 18               | Summer Safety Day                            |
| <b>July 4th</b>       | <b>Fundraiser in parking lot for Pow Wow</b> |
| July 16th             | Asthma Awareness Day                         |
| <b>August 5th</b>     | <b>Health Fair</b>                           |
| September 15th        | CHDP Day (tentative)                         |
| <b>September 17th</b> | <b>Suicide/Depression Awareness Day</b>      |
| October 15th          | Think Pink Day                               |
| <b>November 5th</b>   | <b>Men’s Health – Prostate Cancer</b>        |
| November 14th         | National Diabetes Day                        |
| <b>December 3rd</b>   | <b>Holiday Safety for children</b>           |

# Redding Rancheria Tribal Health Center Employee Appreciation Day

On April 23rd, The Redding Rancheria Health Center Team Members were awarded with Dutch Bros and an amazing Lunch catered by Mary’s Pizza Shack! Thank you for being such an amazing Team!



Glen Hayward RN, BSN MS-DM  
Executive Director

Redding Rancheria Tribal Health Center



# REDDING RANCHERIA COMMUNITY EDUCATION FUND

## FALL 2015 SCHOLARSHIPS

### Native American Education Scholarship

**\$500 in assistance towards tuition,  
books, supplies, uniforms**

(Available to Federally and non Federally recognized Native Americans)

**DEADLINE : August 3, 2015**

For more information and an  
application visit:  
[Redding-Rancheria.com](http://Redding-Rancheria.com)

EMAIL: [RRCEF@REDDING-RANCHERIA.COM](mailto:RRCEF@REDDING-RANCHERIA.COM)

CALL: Marrysa Schumacher, Education Director @  
530-225-8979 EXT 1182 and/or

Ischell Wolfen, Education Advocate @ 530-225-8979 EXT. 1104



## Redding Rancheria Behavioral Health Department

We would like to introduce Desirae Torrens to the Behavioral Health Department as our new MFT Therapist!

Desirae grew up in the Bronx, New York. Her parents are from Puerto Rico; she was raised speaking Spanish and steeped in the music, food and stylings of Nuyoric culture.

Desirae attended college at the University of Chicago, and resided in Chicago for four years. After college she returned to New York where she began her career in human services. In NYC she worked in a non-profit vocational rehabilitation agency, while also volunteering on a suicide prevention/crisis hotline. In 2002, Desirae decided to relocate yet again to the Bay Area. She started work as a Discharge Coordinator with managed behavioral health, and later as a clinical case manager with geriatric clients and persons with psychological and medical disabilities. In 2005, she began the Master's program in Clinical Psychology at San Francisco State University, from which she graduated in 2007. Thereafter, Desirae completed a year-long post-graduate internship at the McAuley Institute in San Francisco. There, she worked as a Milieu therapist with adolescents in a psychiatric inpatient setting.

From 2008-2012, she served as a Child & Family Therapist with the Early Childhood Mental Health Program in Richmond, CA. At ECMHP, she provided dyadic, family, and individual psychotherapy, as well as play therapy to children and families. This was the catalyst wherein she developed a serious interest in working with trauma, psychosocial factors impacting mental health, and overall well-being. From 2013-2015, Desirae worked at West-coast Children's Clinic in Oakland, CA, as a Clinical Outpatient Psychotherapist where she provide individual, dyadic and family psychotherapy to children, teens and adults in Alam-



eda and surrounding counties.

While she's been able to absorb a great deal from her clients, trainings, and various work experiences, she realizes there is still so much more she'd like to learn in order to incorporate new skills and knowledge to her repertoire and share it with her clients and colleagues.

Desirae has been a practitioner of yoga and meditation since 2001, and has recently immersed herself into the world of dance. Desirae loves all music, food, comedy and art. She has one dog and enjoys hiking, visiting the ocean, mountains, and forests. She also has an unseemly affinity for celebrity gossip, fashion and geeky sci-fi programming. Please join us in welcoming Desirae to our community!

*Sean Lemon*

*Administrative Assistant - Behavioral Health  
Redding Rancheria Tribal Health Center*

# Redding Rancheria Hawaii Day

On Thursday April 9th Redding Rancheria Tribal Health Center transformed into Hawaii!!! Team Members wore their favorite Hawaiian Shirts and dresses! Everyone enjoyed BBQ chicken, BBQ Teriyaki Chicken, BBQ Hamburgers, Rolls, Buns, Condiments and Potato Salad (and of course pineapple and bacon) also had some ice cream for dessert! We would like to thank all of our staff who participated in making this event a success!

*Glen Hayward RN, BSN MS-DM  
Executive Director  
Redding Rancheria Tribal Health Center*



# Win-Fit 2015

On Friday, April 24, 2015 All Team Members were encouraged to participate in the Win-Fit Competition which accommodates all ages, abilities, and fitness levels. This is a chance to show everyone just how hard you've been working to stay physically fit. Team Members found some areas of fitness they'd like to improve; everyone went at their own pace, that's what was great about this competition! And if you were the competitive type then you didn't want to miss out on this event! This year our Win-River Resort & Casino HR Team Members changed it up with a new course, still here on-site, but a different trail!!

Participants won prizes in the following category for both Men and Women:

Fastest completion of overall event

- 1st - \$500
- 2nd - \$400
- 3rd - \$300
- 4th - \$200

*Win-River Resort & Casino  
Human Resources Department*

